

What people say

“I don't recognise myself from the woman I was four months ago. I don't question myself anymore and I am able to make decisions with a clear head – without the anger and bitterness I felt before.”

“WAVE taught me how to safely reclaim the power back and turn my life around.”

“WAVE changed everything for me. I believed that the abuse was all because of me and I was doing everything wrong. It helped me get over my self-doubt and regain my confidence.”

Contact Family Works

WAVE is provided at these Family Works sites:

Hamilton
Te Ara Hou Village
100 Morrinsville Rd
Silverdale, Hamilton 3216
Ph: 07 858 4413
E: admin.waikato@fwn.org.nz

Whakatane
156 The Strand, Whakatane 3120
Ph: 07 307 1133
E: admin.whakatane@fwn.org.nz

Rotorua
48 Biak Street, Mangakakahi, Rotorua
Ph: 07 349 0990
E: admin.rotorua@fwn.org.nz

Taupo
Tauhara Wing, Waiora House,
129 Spa Rd, Taupo 3330
Ph: 07 378 6480
E: admin.taupo@fwn.org.nz

Tauranga (Hillier Centre)
31 Gloucester Rd, Mt Maunganui,
Tauranga 3116
Ph: 07 575 9709
E: admin.tauranga@fwn.org.nz

Other Family Works services are provided in these areas:

Whangarei (Genesis Centre)
16 Mair St, Regent,
Whangarei 0112
Ph: 09 437 6729
E: admin.whangarei@fwn.org.nz

North Shore
(Offices based in Mairangi & Castor
Bays Presbyterian Church centre)
10 Penzance Road, Mairangi Bay
Auckland 0630
Ph: 09 835 1288
E: admin.waitakere@fwn.org.nz

Waitakere
2171 Great North Road, Avondale
Auckland 0600
Ph: 09 835 1288
E: admin.waitakere@fwn.org.nz

Auckland (Leslie Centre)
37B Dornwell Road, Mt Roskill,
Auckland 1041
Ph: 09 639 2016
E: admin.lesliecentre@fwn.org.nz

South Auckland (Te Hononga)
10 Mahia Road Manurewa,
Auckland 2102
Ph: 09 269 1009
E: admin.tehononga@fwn.org.nz

www.familyworksnorthern.org.nz
www.facebook.com/familyworksnorthern

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WAVE

(Women Against Violence Education)

Enhancing the safety of women



Welcome to WAVE (Women Against Violence Education)



All people in Aotearoa have the right to live violence-free, but for many women in relationships this right is denied. Unfortunately, many women in New Zealand are subjected to physical, psychological and/or sexual abuse. This is never justified!

Fortunately, education and support such as that available from Family Works Northern's Women Against Violence Education (WAVE) programme can help women to increase awareness and build strength in order to improve their situations.

WAVE is a Ministry of Justice approved programme for women who have been or still are in abusive relationships and are interested in making more positive choices for themselves and their children.

How we can help

The WAVE programme is unique to Family Works Northern. It is specifically designed for women who have experienced family violence and is delivered by authorised, qualified female facilitators.

WAVE consists of a 10-session programme that provides information to women about the dynamics of family violence. It facilitates an opportunity for women to speak freely about their experiences whilst at the same time promoting effective safety planning.

The programme primarily involves group discussion with relevant DVDs incorporated into the sessions.



Who we are



WAVE is a comprehensive programme that covers a wide range of topics.

It has five main themes:

- Education about violence in a wider sense
- Education to support the belief that people are responsible for their own violence (i.e. that victims aren't responsible for it)
- Encouragement for women to take responsibility for themselves and their children (based on an understanding of the effects of domestic violence)
- Support to develop a sense of entitlement to all basic rights
- Support to build self-acceptance and self-respect

For more information please contact us for a confidential discussion.